

**ABSTRACT OF THE DISCLOSURE**

[0073] A method is provided for fortifying a seed, grain, nut, bean, or the like with an essential fatty acid such as docosahexaenoic acid or eicosapentaenoic acid. The method comprises dissolving a quantity of the essential fatty acid in a solvent in which the fatty acid is soluble, mixing the solvent containing the essential fatty acid with water and soaking the seed in the mixture so that the essential fatty acid is absorbed into the seed. The seeds may be germinated, dried and ground to a powder, if desired. Using the method, it is possible to produce seeds that can be used as a dietary source of that essential fatty acid. This is advantageous as it allows for the inclusion of an oily substance into a variety of foods without the problems of clumping or phase separation normally associated with the addition of oils to dry foods or aqueous liquids. As well, with the use of algae or plant derived essential fatty acids, it is possible to obtain an easily consumable dietary source of an essential fatty acid that is not animal derived. A seed that has been soaked in an aqueous mixture containing an essential fatty acid so as to become fortified with the fatty acid, and a food product formed using the seed are also provided.